



DHSS Worksite Wellness Calorie Challenge Instructions

Items Needed:

Calorie Challenge Poster Set

1. Identify a site coordinator and email their name to worksitewellness@health.mo.gov.
2. The coordinator should download the challenge posters from the worksite wellness website (<http://dhssnet/worksitewellness/programs.php>). The coordinator then chooses which “Worst Food” Calorie Challenge poster to post from the file. A new poster should be displayed each week in March.
3. The posters should be placed somewhere that is available to all employees, such as a break room or kitchen area. Clip a pen to the sheet to make it easy for employees to write their guess. Multiple copies of the week’s poster may be displayed throughout the location. A page with additional rows for employees to list their guesses is included in the answer set. The coordinator will be emailed the file with the challenge answers.
4. At the end of the week, fax all the guesses to the Bureau of Health Promotion at 573-522-2856. Before faxing, please be sure to fill-out the location, contact person, and phone or email.
5. All entries that guess the correct number of calories (within 50 calories) will be entered into a drawing for a healthy prize. Prizes include cookbooks, cooking utensils and magnets.
6. Post the answer poster the following week. Winners will be announced via email.

If you have any questions about the challenge, please email worksitewellness@health.mo.gov.